



Fall/Winter 2013-2014

Kennedy Shriver Aquatic Center

5900 Executive Boulevard, North Bethesda, Maryland 20852 (240) 777-8070

September 9, 2013 – March 23, 2014

REGISTRATION INFORMATION

Newcomers' Evaluations/Try-outs – Newcomers are swimmers who did not participate in the RMSC-KSAC program Spring/Summer 2013, even if they have participated in some other previous season. Evaluations/Try-outs for skill assessment and group placement will be held September 3 & 4. A sliding scale assessment is used to determine possible group placement; age, technique and endurance are taken into consideration. Newcomers must attend according to age as of December 1, 2013:

| | |
|--------------|---|
| 8 & under: | 5:30 - 6:30 PM |
| 9-10 years: | 6:15 - 7:15 PM |
| 11-12 years: | 4:45 - 5:45 PM |
| 13 & over: | 3:30 - 5:00 PM, Wednesday, September 4th ONLY |

Registration forms for newcomers will not be accepted or available until AFTER evaluations/tryouts have taken place and a placement has been offered by the coaches.

Returning Swimmers – A returning swimmer is someone who swam with RMSC-KSAC during the Spring or Spring/Summer 2013 season. They have been registered with USA Swimming for 2013. These swimmers can pre-register for the Fall/Winter 2013-14 program. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to christa.krukiel@montgomerycountymd.gov, handed in person at KSAC or mailed to Kennedy Shriver Aquatic Center, Attn: Christa Krukiel, 5900 Executive Boulevard, N. Bethesda, MD 20852.

Returning swimmer registration begins Monday, August 12th, 2013

Registration ends for returning swimmers on Sunday, September 1st, 2013 in order to secure your spot.

Program Fee – Program fees are payable to MCR by VISA, MasterCard, Check or Cash. Non-County residents must add \$15 per swimmer. This payment includes the 2014 United States of America Swimming (USAS) membership fees and all the PVS meet fees. To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment fees and payment plans are NOT available. **All fees must be paid in full by the first day of practice.**

The final date to register and to withdraw is February 1, 2014

Questions Regarding RMSC @ KSAC – Please email christa.krukiel@montgomerycountymd.gov

Do not change your practice group assignment unless instructed to do so by your coach.

PRACTICE GROUPS

Minis – For 8&Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation to competitive swimming, participation in meets and having a fun experience.

Recommended practice attendance: 2/week

| | |
|----------------------|----------------|
| Fall/Winter (361264) | \$810 |
| Monday & Wednesday | 6:00 - 6:45 PM |
| Tuesday & Thursday | 5:00 - 6:00 PM |

Juniors – For swimmers ages 9-12 who are skilled in freestyle and who have working knowledge in the four competitive strokes. Emphasis is on competitive stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level. Participation in USAS meets is highly recommended but not required. **Recommended practice attendance: 2/week**

| | |
|----------------------|-----------------|
| Fall/Winter (361265) | \$830 |
| Monday & Wednesday | 5:00 - 6:00 PM |
| Friday | 5:15 - 6:15 PM |
| Sunday | 8:45 - 10:00 AM |

Advanced Juniors – Entry by coach's invitation only. For swimmers ages 9-12 who have achieved mastery of the four competitive strokes. The focus is on advanced stroke technique and goal setting for championship competition and exposure to endurance training. Participation in USAS meets is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum Practices required: 3/week**

| | | | |
|----------------------|----------------|--------|----------------|
| Fall/Winter (361266) | | \$1200 | |
| Tuesday & Thursday | 6:00 - 7:30 PM | Friday | 6:00 - 7:15 PM |
| Wednesday | 6:15 - 7:30 PM | Sunday | 7:00 - 9:00 AM |

National Development Group – Entry by coach's invitation only. For swimmers ages 10-13 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in USAS meets are required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Minimum Practices required: 5/week

| | | | |
|---------------------------------|----------------|-----------|----------------|
| Fall/Winter (361267) | | \$1500 | |
| Mon., Tues., Thurs. & Fri. | 6:00 - 7:30 PM | Wednesday | 4:45 - 6:15 AM |
| Dryland TX Tues., Thurs. & Fri. | 5:30 - 6:00 PM | Saturday | 5:30 - 8:00 AM |

Seniors – For swimmers ages 13-18 who have a fundamental swimming background and are looking to improve further. New swimmers should have at least 2 years of summer league or high school swimming experience and have a good knowledge of all four competitive strokes. Participation in USAS meets is highly recommended but not required.

Recommended practice attendance: 3/week

| | | |
|--|----------------|--------|
| Option A – Fall/Winter (361268) | | \$1200 |
| Monday & Wednesday | 3:30 - 5:00 PM | |

| | | |
|--|----------------|--------|
| Option B – Fall/Winter (361269) | | \$1200 |
| Tuesday & Thursday | 3:30 - 5:00 PM | |

| | | |
|--|----------------|--------|
| Option C – Fall/Winter (361270) | | \$1200 |
| Monday & Wednesday | 6:45 - 8:15 PM | |

All options also meet at the following times:

| | |
|--|----------------|
| Monday | 4:45 - 6:15 AM |
| Friday | 3:30 - 5:00 PM |
| Sunday | 6:00 - 8:00 AM |
| Dryland Training: Fridays 5:15 - 5:45 PM | |

Senior Training Group – Entry by coach's invitation only. For experienced swimmers ages 13 - 15 who are dedicated to improvement in training endurance, stroke technique and advancement to upper level swimming with RMSC. Participation in dryland training and USAS meets are required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Minimum Practices required: 5/week

***Required practice: Sunday morning**

| | | | |
|--|----------------|---------|----------------|
| Fall/Winter (362067) | | \$1400 | |
| Monday, Thursday | 4:45 - 6:15 AM | Friday | 3:45 - 5:15 PM |
| Monday, Wednesday | 6:45 - 8:15 PM | *Sunday | 6:00 - 8:00 AM |
| Dryland Training: Monday/Wednesday 6 - 6:45 PM; Sunday 8 - 8:45 AM | | | |

Advanced Seniors – Entry by coach's invitation only. Designed for high school athletes who have a firm commitment to swimming and are looking for continued development in the sport. These swimmers train at a high level and are required to participate in dryland training and USAS meets. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Minimum Practices required: 6/week

*** Required practice: Friday morning**

| | | | |
|----------------------|---------------------------|-------------------|----------------|
| Fall/Winter (361271) | | \$1500 | |
| Monday – Thursday | 3:30 - 5:00 PM | Tuesday & *Friday | 4:45 - 6:15 AM |
| Monday – Thursday | 5:00 - 5:30 PM Dryland TX | Sunday | 6:00 - 8:00 AM |

National Training Group – Entry by coach's invitation only. For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level competition. Swimmers will participate in water and dryland training as part of an overall program to ensure success. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum Practices required: 7/week**

| | | | |
|--|----------------|-----------|----------------|
| Fall/Winter (361272) | | \$1850 | |
| Monday, Wednesday & Friday | 4:45 - 6:30 AM | Wednesday | 3:45 - 6:15 PM |
| Mon., Tues., Thurs. & Fri | 3:45 - 6:00 PM | Saturday | 5:30 - 8:00 AM |
| Dryland Training: Monday – Friday 3:00 - 3:45 PM | | | |